

PT FOR THE ELDERLY



OBJECTIVES

- Strength & Balance
 - Fall Prevention
- Assistive Devices



FALLS AMONG THE ELDERLY



- Thailand (Namwong, T., & Arrirak, N. (2023))
 - 7.5% of 60+ years old fall
 - female
 - poor vision
 - poor balance
 - uses medication
 - lives in Thai style house or house elevated on stairs
 - overweight
- Indonesia (Susilowati, I., et al. (2020))
 - 29% of 60+ year olds fall (community and private homes)
 - female
 - poor vision
 - rural setting
 - decreased strength, postural stability, & functioning

HOME MODIFICATIONS

Stairs

Floors

Bedrooms

Kitchen

Bathroom



This is Khun Yai. What are some possible safety hazards in her home?

BALANCE ASSESSMENTS

Gives us an objective way to assess risk for falls as well as gives us goals to strive towards while working with elderly people



Berg Balance Scale

See handout

An elderly woman with a white headscarf and a grey jacket is sitting on the ground against a mud-brick wall. She is wearing patterned pants and pink sandals. The wall has some Arabic calligraphy on it. The ground is dirt and there is a circular pattern on the floor in the foreground.

YOUR TURN!

FIND A PARTNER AND PRACTICE.

You'll need:

- chairs
- timer
- ruler

Set up and explain the tests to
your “patient”

SAMPLE PROGRAMS (HANDOUTS)



- Balance program
- Strength-specific program
- Bed-bound/non-ambulatory program

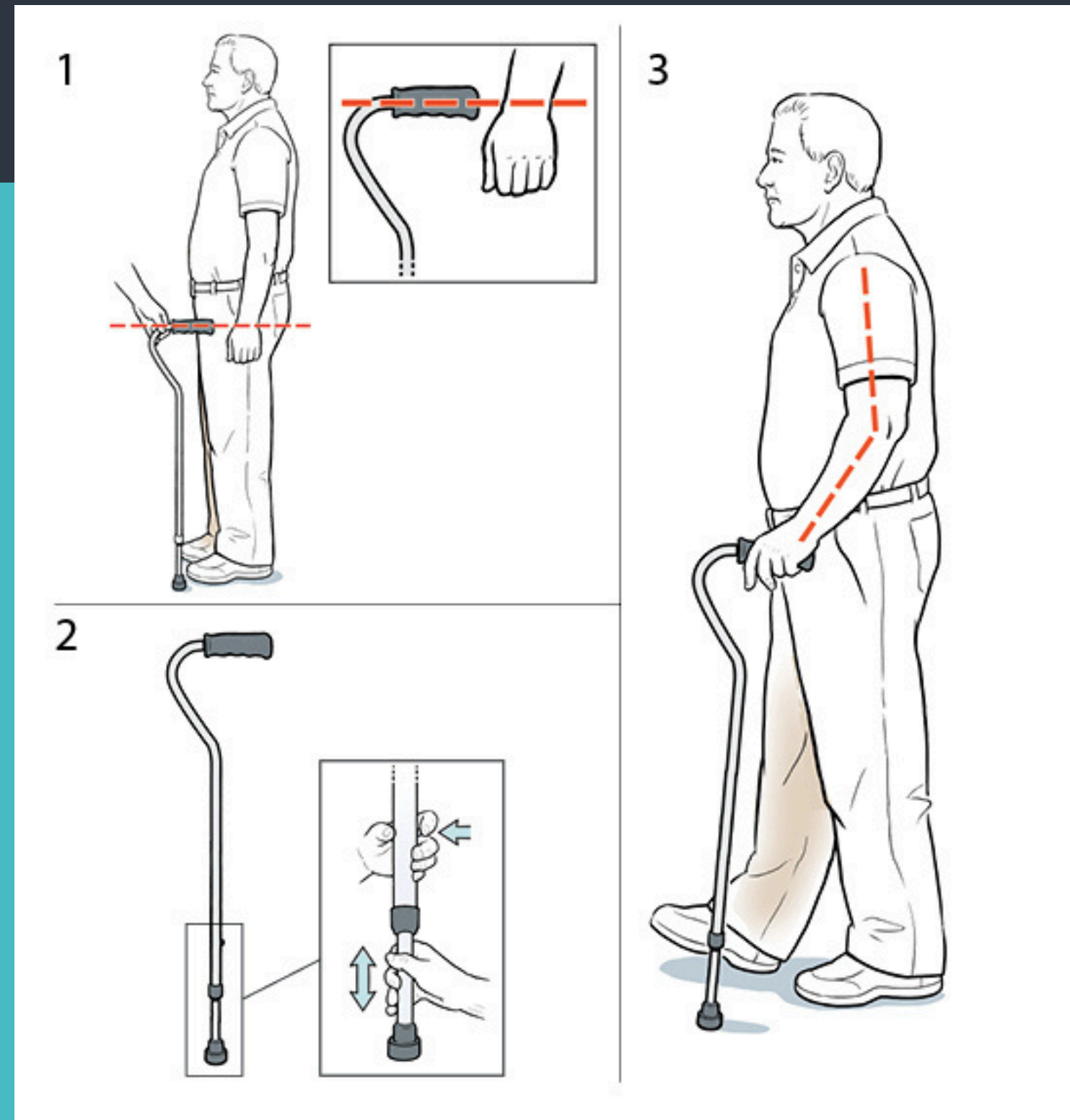
QUESTIONS SO FAR?

ASSISTIVE DEVICES

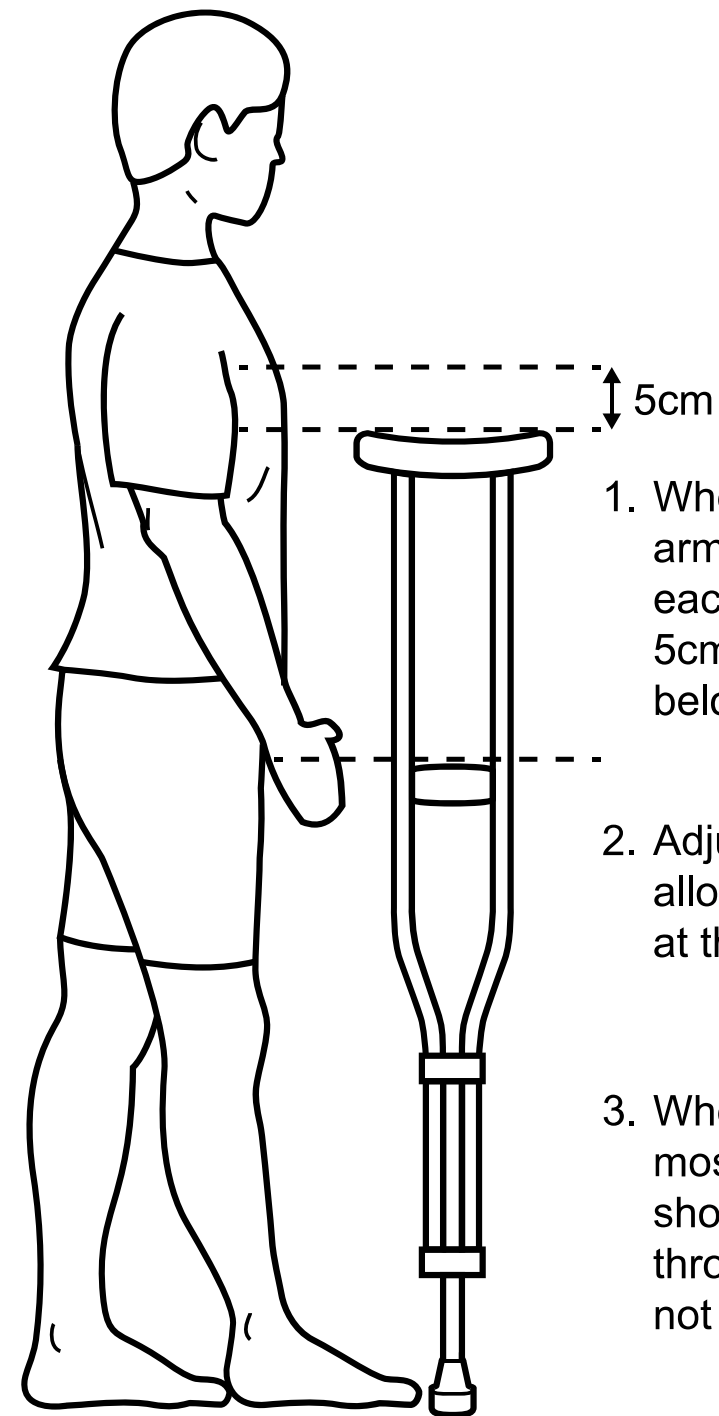


- Canes
- Walkers
- Crutches
- Wheelchairs

CANES

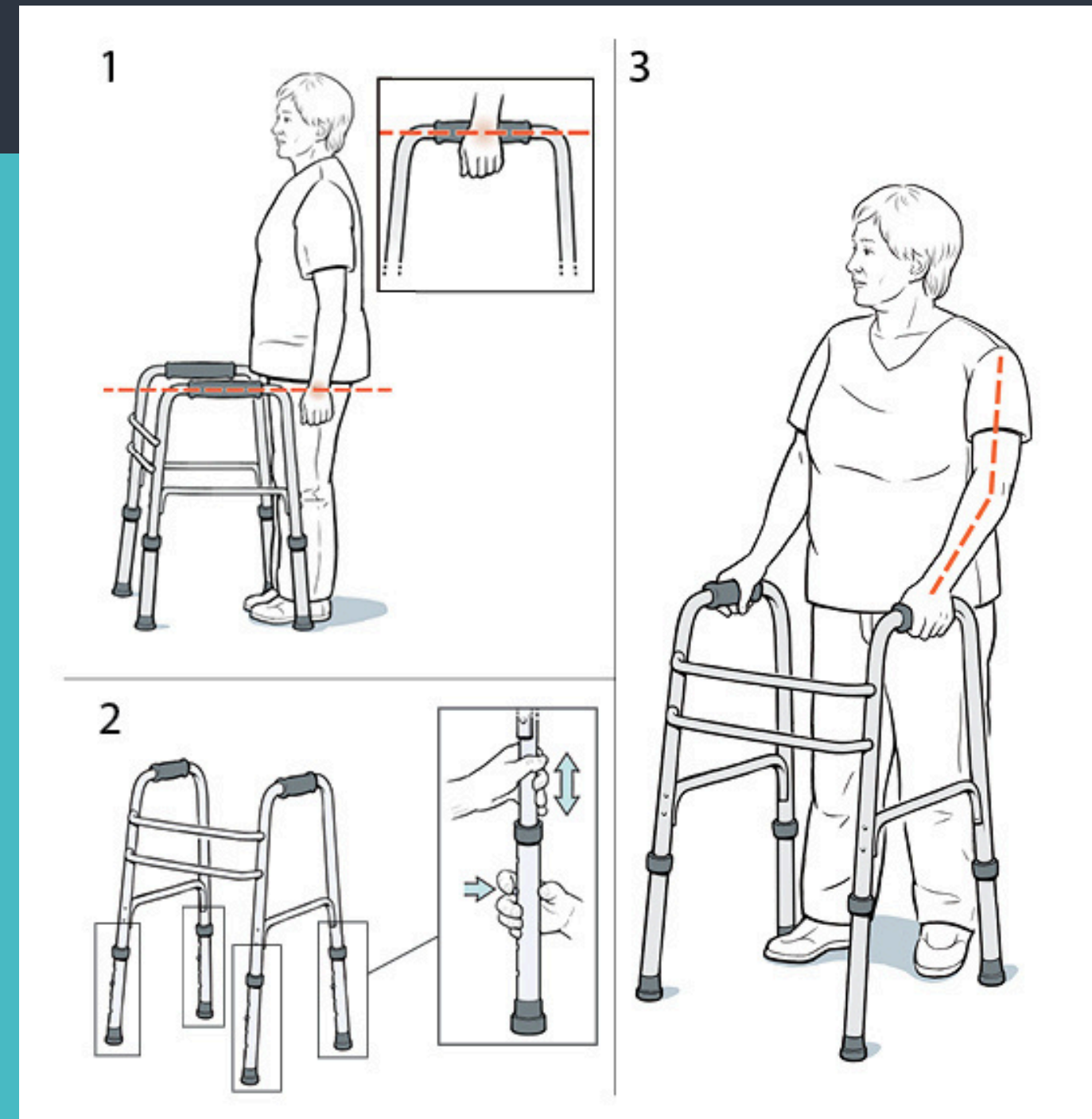


CRUTCHES

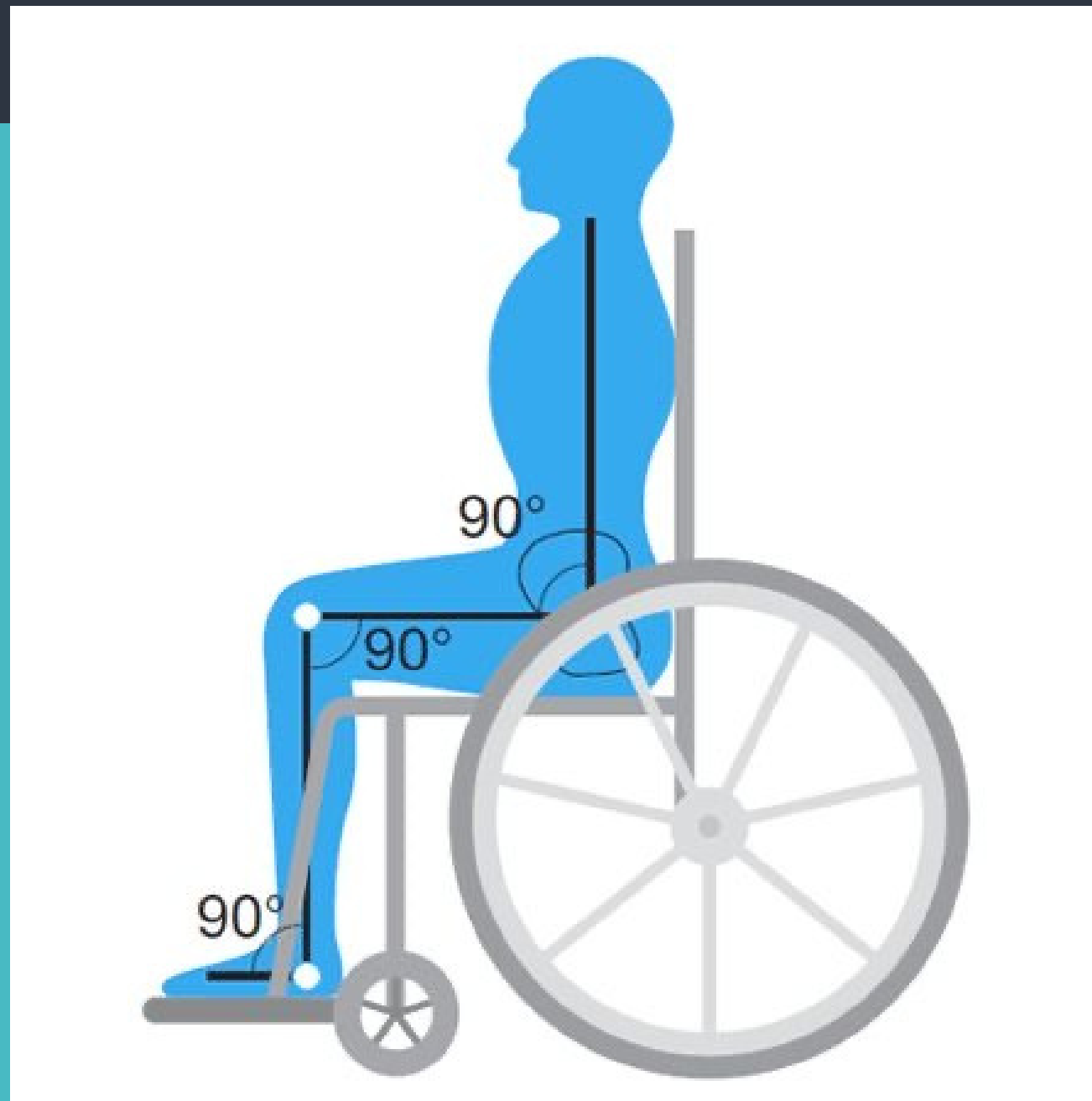


1. When standing with your arms loosely by your side, each crutch should be 5cm (2 finger widths) below the armpit.
2. Adjust the handgrip to allow for a slight bend at the elbow.
3. When using crutches, most of your weight should be supported through your arms - not your armpits.

WALKER



WHEELCHAIR



<https://pin.it/19YfDGKTe>

NAVIGATING CURBS/STEPS



- Canes/walkers/crutches
 - “up with the good, down with the bad”
- Wheelchairs
 - ascending
 - wheelchair is facing the curb
 - descending
 - wheelchair is facing away from the curb

PRACTICE

Find a partner and practice adjusting and walking with each assistive device

- up/down steps
- through door ways
- sitting/standing



REFERENCES

Namwong, T., & Arrirak, N. (2023). Prevalence and risk factors of falls among elderly in Yasothon province. *Disease Control Journal*, 49(1), 158–166. <https://doi.org/10.14456/dcj.2023.14>

Susilowati, I. H., Nugraha, S., Sabarinah, S., Peltzer, K., Pengpid, S., & Hasiholan, B. P. (2020). Prevalence and risk factors associated with falls among community-dwelling and institutionalized older adults in Indonesia. *Malaysian family physician : the official journal of the Academy of Family Physicians of Malaysia*, 15(1), 30–38.

Pictures by imb.org and Canva

